

EMPLOYEE HEALTH AND WELLNESS MONTH - JUNE 2018



- Free classes and workshops to exercise your mind and body! For Penn's benefits-eligible employees.
- Advance registration is required, using <https://www.hr.upenn.edu/myhr/registration>, unless noted.

June	Calendar of Events
1	Employee Health and Wellness Month Walk ; 12–1pm College Hall/Locust Walk by the Ben Franklin Statue
4	Mindfulness Monday ; 12:30–1:30pm 3624 Market Street - Suite 1A
5	New and Expectant Parent Briefing ; 12:30-1:30pm 3624 Market Street - Suite 1A
8	Guided Meditation: Take a Breath and Relax 12:30–1:30pm, 3624 Market Street - Suite 1A
12	Inside Money: Managing Income and Debt ; 12-1pm 3401 Walnut Street; 3rd Floor - Room 330A
19	Slimmer in the Summer ; 12-1pm Houston Hall - Ben Franklin Room
20	Webinar: Taking Care of Your Skin ; 12-1pm https://register.gotowebinar.com/rt/158377339383748097
21	The Power of Positive Thinking ; 12:30-1:30pm 3624 Market Street - Suite 1A
22	Guided Meditation: Take a Breath and Relax 12:30–1:30pm, 3624 Market Street - Suite 1A
26	Ted Talk: How to Make Stress Your Friend 12:30-1:30pm; 3624 Market Street - Suite 1A
27	Flexible Work Options ; 12:30–1:30pm 3624 Market Street - Suite 1A
27	Chair Yoga ; 12–1pm Irvine Auditorium - Café 58
29	Learning with Lynda: Building Resilience 12:30–1:30pm, 3624 Market Street - Suite 1A

Event Spotlight:
Friday, June 1, 12:30-2pm
David Pottruck Health & Fitness Center
Open House | Info tables | Giveaways
Facility Tours: 12:45pm and 1:15pm
Try these FREE employee group fitness classes at Pottruck Health & Fitness Center

Date	Time	Class	Studio
Jun 5	12:00pm	Gentle Yoga	414
June 6	12:00pm	Body Pump	409
June 7	11:30am	Spinning	306
June 12	12:00pm	Zumba	414
June 13	12:00pm	Body Combat	409
June 14	11:30am	Spinning	306
June 18	12:00pm	Barre	305
June 19	12:00pm	Gentle Yoga	414
June 20	12:00pm	Body Pump	409
June 21	11:30am	Spinning	306
June 26	12:00pm	Gentle Yoga	414
June 28	11:30am	Spinning	306

LAST CHANCE for an
On-Campus Biometric Screening:
Wednesday, June 27, 9am–1pm
Irvine Auditorium - Amado Recital Hall
(appointments are 30 minutes)
There's still time to get your free, quick biometric screening and earn up to \$300 (less applicable payroll taxes.)
The 2017–2018 *Be in the Know* campaign ends August 31, 2018.

Try the Y!

Free One Day Family Pass

Try the Y for a day between June 1-30, 2018 at any Philadelphia Freedom Valley YMCA branch or Regional Y Alliance. Access the pass by visiting the Penn Healthy You webpage: <https://www.hr.upenn.edu/PennHR/wellness-worklife/penn-healthy-you>

Be sure to search "Qualifying Bonus Actions 2017-2018" to earn *Be in the Know* points!

Contact Us! For more information on Employee Health and Wellness Month, contact Human Resources at gowl@hr.upenn.edu or 215-573-2471.

Employee Health and Wellness Month is a collaborative effort between Human Resources, Penn Recreation, Center for Public Health Initiatives, Campus Health, Bon Appetit, and Penn Sustainability.